

WOW News



Body in Motion

The birds are chirping and flowers are in bloom. Summer is here and we Michigianians LOVE IT! Warm weather and sunshine is the right mix for "feeling good".

What are you doing to "feel good" & **BE FIT**?

Wouldn't it be fabulous to **eat the way you eat now** and NOT gain? According to the Center of Nutrition at the University of Colorado an **extra 2,000 steps each day** can prevent weight gain. On the average a person gains 1-3 pounds per year.

[Those wanting to shed pounds can double or](#)

triple the 2,000 steps a day.



- The very moment you start to get more steps, you win!
- Every step you take, you become more active.
- Small changes add up.
- In time small changes can become big changes.
- Start where your activity level is now.
- Use a **PEDOMETER** to

know how active you are.

- Log your daily steps.
- As the number of steps increases day by day and week by week, you will achieve a regular physically active lifestyle.

For a week log the time you and your family spend watching TV and/or using the computer.

Then take a moment and make a list of ways to reach an extra 2,000 steps daily. **WOW** says

YOU CAN WALK YOUR WAY TO WELLNESS.

August 2003

**WATCH FOR A
"Pedometer"
discount program**

How Do People Live Without TV?

Simply answered: BETTER! A survey conducted by Eastern Washington University with 300 families, who do not watch TV or limit it to 6 hours per week, revealed the following healthy

activities:

More reading.

10 times more meaningful family conversations. (the national average is 38 min. weekly)

Children are less likely to



argue with siblings or behave violently.

Marriages are stronger.

More involvement in outdoor and sporting activities.

[Un-TV is healthy.](#)

There's More...

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Keep Nutrition Simple—5 A Day

Remember 5-A-Day for Good health

Have you heard of “**The Okinawa Program**”? It's a study done on the long lived people of Okinawa, Japan. The study found that their average life expectancy is 81.2 years compared to the U.S.'s 76.8. Their ratio of people over the age of 100 is 34 per 100,000. Ours is 10 per 100,000.

They have much lower rates of cancer, heart disease, stroke and broken hip bones among the elderly.

Women go through menopause later than we do and hormone replacement therapy is virtually unheard of.

It's widely believed that **this diet plays a big role in their long and healthy lives.**

On average **they eat 9 to 13 servings of plant based food a day.**

So what you eat DOES make a difference to your health! And plenty of fruits and vegetables is a very important part of a healthy diet.

Your **WOW** team will keep encouraging you to eat at least 5 servings of fruits and vegetables a day. Increase that number when your system adjusts to the added fiber.

Here's a fun and colorful web site to help you (and your kids) increase your fruit and vegetable intake.

www.dole5aday.com



Assessing My Health Needs

Simply stated: eating healthy and being physically active is **GOOD** for your health.

Living Smart Quiz: see how you score.

- Click on the above link
- Print a copy

- Answer “yes” or “no” for the 12 lifestyle behaviors/habits;
- Count-up the “yes” answers, and
- Read “how do you rate?”

Diet alert!

Not bad!

Good for you!

Each month starting in JUNE, WOW News' “Assessing My Health Needs”

will have this “QUIZ” **plus** a “featured” healthy behavior link for ways to **make a few simple changes, which will make a BIG difference** in your and your family's health and well-being.

The American Cancer Society has “**FOOD & FITNESS**” for you to view and to **WOW—Work On Wellness.**

Be a “Self-Changer”

This is a continuing series on “Stages of Change”.

Change is a journey through various stages, and is most successful when:

- structure is provided
- support is given

James O. Prochaska's developed such a health behavior model, “Stages of Change”. When considering change, people are in one of five mindsets: never, someday, soon, now, or forever.

These mindsets are categorized into the following stages for change:

I don't have a problem, and will never change. (**Precontemplation**)

I am considering change someday. (**Contemplation**)

I want to change soon. (**Preparation**)

I (now) have set goals and have started change. (**Action**)

I have maintained 3-6 months of successful behavior change. (**Maintenance**)

Think of a behavior you would like to change in your life and do the QUICK assessment:

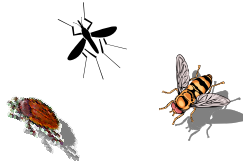
Stage of change QUICK assessment:

1. Do you seriously intend to start _____ in the next 6 months?
2. Do you plan to _____ in the next 30 days?
 - a. No to 1 & 2= **Precontemplation**
 - b. Yes to 1 & no to 2= **Contemplation**
 - c. Yes to 1 & yes to 2= **Preparation**
 - d. Began behavior in last 6 months= **Action**

Watch for more articles on “successful, life-long” change.

I Care: Self-Help

Don't BUG me...



With warmer weather here the bugs are back and we need to be aware of the health risks that some insects may pose. Mosquitoes can carry the West Nile virus, tick bites can result in Lyme disease, and bee stings can produce serious allergic reactions. Educate yourself on these conditions and guard yourself against potential bites. Wear protective clothing and use insect repellent, carefully following the manufacturer's instructions. Avoid wearing perfumes or brightly colored clothes. Also try to clear your yard of standing water or high weeds where these insects may breed. Being aware of the health risks and trying to avoid exposure will make your summer a lot safer. Here are some tips from [Mayo Clinic](#) on what to do if you are bitten or stung by an insect.

Safety Tips for eating outdoors

Grilling outdoors and picnics are all a part of **SUMMER FUN**.

- Until you are ready to use your food, keep it in iced coolers. Keeping food and drinks in separate coolers will help them stay cold longer.
- Hand washing with soap and water or hand wipes before and after food preparation reduces the chance of bacteria.
- Keeping cooked and raw foods separate also reduces bacteria.
- Keep food and utensils covered. Certain insects carry bacteria and salmonella.
- Over-charring foods on the grill can sometimes produce cancer-causing agents. To reduce this risk, raise the grill rack to add more distance between the food and the charcoal, and remove visible fat to reduce flame flare-ups.
- Cook food thoroughly.
- Eat foods as soon as served. Foods left sitting out over 2 hours may breed bacteria.

www.welcoa.org



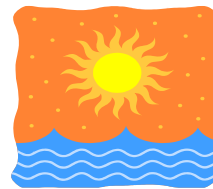
contamination.

Sun Safety Tips

Looking forward to long, sunny days with family and friends? Don't forget the sunscreen.

Sunscreen should be used any time you expect to be in the sun for thirty minutes or more. Use one with an SPF (sun protection factor) of 15 or higher (30 or more if you're very fair-skinned) and apply it 20-30 minutes before exposure. All sunscreen, even waterproof, should be reapplied every 1½ hours.

Parents, don't forget the kids. Sun damage to the skin is cumulative and occurs early in life: apply the sunscreen often and liberally. Read more about [skin cancer](#).



Personal Stories

What worked BEST for you?

You are invited to [share your personal story](#) (200 words or less) [about how you improved your eating and exercise habits](#); or share a story [about your worksite wellness group activities](#).

With your consent, we may use your story in one of our newsletters.

If you would like us to use your name or a digital picture, let us know.

All e-mailed stories will be regarded with the highest level of confidentiality.

[Grant permission](#) to use your personal or worksite wellness



We hope you will contact us and share your personal or worksite wellness story.

Let us know
if you are a
worksite wellness coordinator